

IN THE CLAIMS:

1-9. (Canceled)

10. (Currently Amended) A training~~Training~~ device for the muscles of the pelvic floor of women, ~~with~~comprising

a flexible main body~~[[7]]~~ which is to be at least partially inserted into the vagina and which has a compression part with a ball-shaped working surface, ~~with an indicator device attached to the main body,~~ wherein the compression part ~~is~~being defined by two annular constrictions, ~~which connect~~the main body extending axially to a stop section with a stop surface on one side of the compression part and to a holding section on the other an opposite side of the compression part, the holding section defining an opening, and

an indicator rod which extends through said opening so as to be connected to said main body, said indicator rod being movable toward and away from said stop surface.

11. (Currently Amended) The training~~Training~~ device according to claim 10, wherein the working surface is essentially spherical.

12. (Currently Amended) The training~~Training~~ device according to claim 10, wherein ~~the an~~an axial length of the stop section is between 40% and 65% of ~~the a~~a maximum diameter of the compression part.

13. (Currently Amended) The training~~Training~~ device according to claim 10, wherein ~~the~~an axial length of the holding section is between 30% and 60% of ~~the~~a maximum diameter of the compression part.

14-15. (Cancel)

16. (Currently Amended) The training~~Training~~ device according to claim 10, wherein the main body is configured as a rubber bubble, which is covered by a gliding layer.

17. (Currently Amended) The training~~Training~~ device according to claim 16, wherein the gliding layer consists of a layer of loose ~~fibres~~fibers steeped in a gliding agent.

18. (Currently Amended) The training~~Training~~ device according to claim 10, wherein the training device is designed as a throw-away product.

19 (New) The training device according to claim 10, wherein the indicator rod includes enlarged ends.

20. (New) A training device for the muscles of the pelvic floor of women, comprising

a flexible main body which is to be at least partially inserted into the vagina and which has a compression part with a ball-shaped working surface, the compression part being defined by two annular constrictions, the main body extending axially to a stop section with a stop surface on one side of the compression part and to a holding section on an opposite

side of the compression part, the main body comprising a rubber bubble covered by a gliding layer consisting of loose fibers steeped in a gliding agent, and

an indicator device attached to the main body.